



Three Unrivaled Antiviral Herbs by Sharlene Peterson

M103 Student Quiz

1. Viral Infections often result in secondary bacterial infections.
 - A. True
 - B. False
2. Anti-inflammatory actions of *Andrographis* markedly reduce the inflammation in rheumatism, joint inflammation, and arthritis. It also reduces the inflammation caused by _____ and adrenaline.
 - A. Cystine
 - B. Amines
 - C. Histamine
3. What part Cat's Claw has been traditionally used and contains the phytochemical profile that is responsible for activities (antiviral, immune modulating...) listed in this manual?
 - A. Unopened flower buds
 - B. Inner bark of the vines
 - C. The roots
4. Astragaloside IV (phytochemical) has been reported to protect cells from _____ dysfunction through anti-oxidant actions. Cell health protection may explain why *Astragalus* is known to be anti-aging, vitality producing, and cancer preventive.
 - A. Mitochondrial
 - B. Interferon
 - C. Spleen
5. Which herb does **not** have a stimulating immune modulating activity?
 - A. *Andrographis paniculata*
 - B. *Astragalus membranaceus*
 - C. *Uncaria tomentosa*
6. Immune stimulating properties are not suitable for uncontrolled or active states of autoimmune disease. Individuals may use *Andrographis* short-term if not in an acute reactive stage, 2-4 weeks at a time.
 - A. True
 - B. False

~ END OF QUIZ ~